

**La Ligue francophone Belge de Sauvetage asbl**



**Invites you at its MISPY'24**  
**International Pool Lifesaving Meeting for Youth**

**Saturday, 16 mars 2024**

**Olympic Swimming pool of Seraing**  
Avenue des puddleurs, 51 4100 Seraing

With the support of our Sports ministry



# PRACTICAL INFORMATION

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## Infrastructure

Olympic Swimming Pool of Seraing :

- 50 meters, 8 lanes
- **Manual** timer
- Address : Avenue des puddleurs 51, 4100 Seraing

## Programme

12h45 : Registration and warming-up

13h00 : Officials meeting

13h15 : Team Leaders meeting

13h20 : End of warming-up

13h30 : Events

- A1 100m OBSTACLE SWIM
- B1 4x50m OBSTACLE RELAY
- A2 50m MANIKIN CARRY WITH FINS
- Pause
- A6 100m SUPER LIFESAVER
- A4 50m MANIKIN CARRY
- B2 4x25m MANIKIN RELAY
- Pause
- A3 50m RESCUE MEDLEY
- A5 50m MANIKIN TOW WITH FINS
- B3 4x50m MEDLEY RELAY



## Registration fee:

8 € per athlete. This can be paid at the registration, the day of the competition or on the bank account: IBAN :BE46 0012 3008 0036, BIC : GEBABEBB. There is no minimum or maximum athlete per club. The entrance is free for spectators.

## Registration form:

You will find the registration files (lenex and excel) on the LFBS website:

<https://www.lfbs.org/ZNLDocs.ulp?id=35>

Please send it back before March 2, 2024 by e-mail, at the following address: [a.romanini@lfbs.org](mailto:a.romanini@lfbs.org)

When submitting the e-mail, the sender will receive a read receipt. Belgian clubs are required to use the lenex file for their registrations.

Heats for the events will be drawn based on the entry times as declared on the entry forms.

# COMPETITION RULES

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## Subscription:

The athletes can subscribe for 1, 2, 3 or 4 events (maximum). There is a minimum of 4 athletes and maximum 5 athletes in one team for the relays.

## Aggregate Trophies and Medals:

Medals will be presented for the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in individual events and in the general ranking of the team events.

## Points allocation:

<u>Place</u>	<u>Point</u>
1 <sup>st</sup> place	20 points
2 <sup>nd</sup> place	18 points
3 <sup>rd</sup> place	16 points
4 <sup>th</sup> place	14 points
5 <sup>th</sup> place	13 points
6 <sup>th</sup> place	12 points
7 <sup>th</sup> place	11 points
8 <sup>th</sup> place	10 points

<u>Place</u>	<u>Point</u>
9 <sup>th</sup> place	8 points
10 <sup>th</sup> place	7 points
11 <sup>th</sup> place	6 points
12 <sup>th</sup> place	5 points
13 <sup>th</sup> place	4 points
14 <sup>th</sup> place	3 points
15 <sup>th</sup> place	2 points
16 <sup>th</sup> place and after	1 point

## Finals:

There is no A-B final

## Individual Age Groups :

<u>Age</u>	<u>Group</u>
From 10 to 12 years old (2014-2013-2012)	Benjamin
From 13 to 14 years old (2011-2010)	Minime

## Individuals events description:

Little yellow manikin is used. **The carbon fins are not permitted for both categories.**

100m obstacle: same obstacle as the higher categories,

50 m manikin with fins: 25 m swim and 25 m with the little yellow manikin

50 m rescue medley: 25 m swim, dive and swim 10 m underwater till a submerged little yellow manikin, surface with the manikin and carry it to the edge

50 m manikin carry: same as the higher categories. The manikin is a little yellow one

50 m manikin tow with fins: swim 25 m with fins and a tow, fix a classical orange manikin and tow it until the finish edge

100 m super lifesaver: 25 m swim, 25 m carrying a little yellow manikin, don fins and rescue tube, 25 m swim, fix a classical orange manikin and tow it until the finish edge.

## Relays description:

There is only one category for the relays. Benjamins and minimes together.

The manikin relay will be done with a little yellow manikin.

## Swim caps:

It shall be necessary *for all competitors to wear club swim caps for all events.*